

Historic, Archive Document

Do not assume content reflects current
scientific knowledge, policies, or practices.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
OCTOBER 5, 1938 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

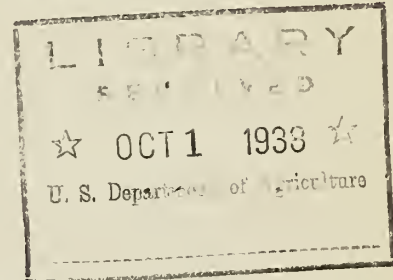
by

Bureau of Home Economics, U. S. Department of Agriculture

- - -

IT ISN'T TOO LATE FOR PICKLES

- - -



It's still pickling and relish-making time.

You needn't call it a season, just because the last jar of plum butter has been assigned to its place on the preserve shelf after a summer of sterilizing jars and jelly glasses; paring, pitting, stemming, slicing, crushing, straining, podding, and chopping fruits and vegetables. Frost or rain will soon lay the tomato vines low, and some of the green tomatoes can be transformed into enough pickles or relishes to enliven many a prosaic winter meal.

Or perhaps you have some of the meaty, late clingstone peaches, or crab-apples, or a few miniature Seckel pears, which make such delightful whole-fruit pickles. Even if all these have passed you by, it isn't too late for apple chutney, one of the best of home-make relishes.

Hurried harvests of green tomato crops in the fall are a traditional part of farm life, and a peck of green tomatoes has furnished the inspiration for many a home-make pickle recipe. Green tomatoes, as well as green cucumbers, make delicious dill pickles if you follow the rules carefully.

Of first importance is the brine for the quick fermentation process, and this fermentation process is as necessary in making the dill pickle flavor as the dill itself. Weigh the salt, and measure all other ingredients of the brine care-

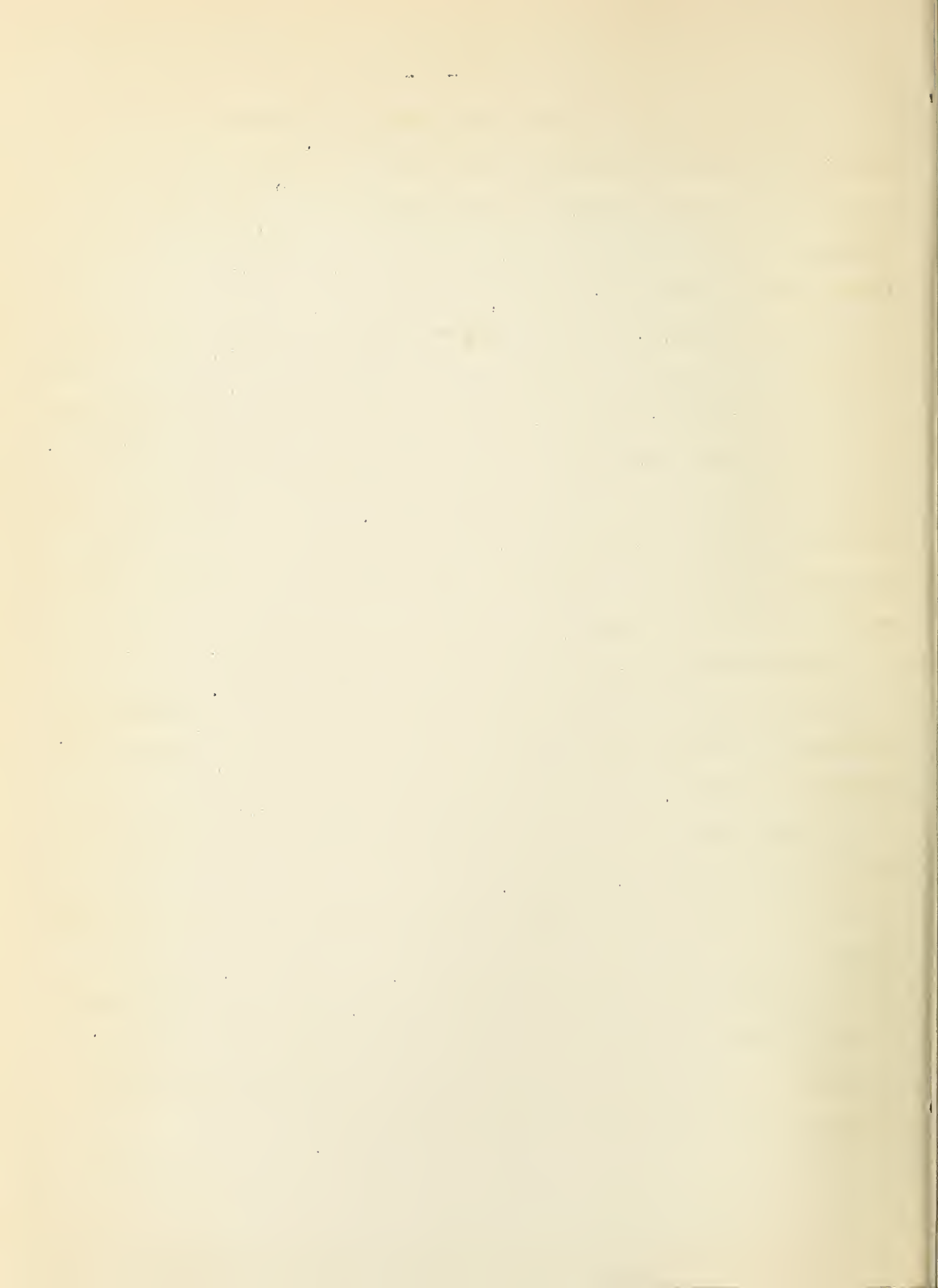
fully. Salt and vinegar are used to prevent spoilage, while the lactic acid bacteria are growing and helping give the acid flavor and crispness. The lactic bacteria feed on the sugar extracted from the tomatoes, with a little extra sugar added to the brine. If the brine has too much salt, the pickles will not ferment rapidly; if there is too little salt, they will spoil.

Standard proportions for dill pickles brine are one and one-fourth pounds (2 cups) of salt, one pint of vinegar, and four tablespoons of sugar to two gallons of water. This quantity will make enough for about 12 pounds of green tomatoes.

Only freshly picked green tomatoes should be used for dilling, and they should be without blemishes and of a uniform size. If you are making only a small quantity of the dilled tomatoes, it is best to use 2-quart glass fruit jars for the fermentation process. For slightly larger quantities, earthenware crocks are handy. Use only glass-topped jars for making or storing pickles. The acid and salt in pickles corrode zinc caps and form a poisonous substance.

Dill pickles will be ready to put up sooner if they are kept fairly warm. The helpful lactic acid bacteria grow best when the temperature is between 75 and 80 degrees Fahrenheit. If possible select a place where spilling won't matter, as fruit jars tend to run over the top when the juices are drawn out from the tomatoes and fermentation takes place.

Place a layer of the dill herb and mixed spices at the bottom of the crock or of each jar. Fresh or dried dill may be used, and one "bunch" as commonly purchased on the market is usually enough for a year's supply of dill pickles. A little garlic is sometimes added, a bit of zest very popular with many pickle fanciers. Fill containers with whole green tomatoes, which have been carefully washed, and add a second layer of dill and spices on top.



If using fruit jars, fill them to overflowing with the brine and partially seal. Add more brine as necessary to replace loss by overflow so that the tomatoes are continually covered by brine. The partial seal keeps air away from the tomatoes and helps to prevent spoilage. If using a crock, be sure that all tomatoes are covered with two or more inches of the brine. Hold them down with a clean, heavy board, or with an earthenware plate, held down by a clean weight. Remove any scum that forms on the surface of the brine.

In about two weeks the dilled tomatoes will be ready for use -- crisp, spicy well-flavored with dill, and clear dark green throughout, with no white spots. A longer time will be required if temperatures lower than 75 to 80 degrees are used. Slice the tomatoes and pack them in sterilized quart jars. Add half a cup of fresh cider vinegar to each, and fill the jar with the dill brine which has been strained, boiled, and cooled.

Dill pickles -- and all others -- should be sealed airtight in jars or bottles and stored in a cool, dry place. The old-fashioned way of discarding an inch or two of spoiled pickles off the top of the barrel or crock to get at the good ones underneath, is simply not the modern way of doing things.

If you want to make peach, pear, or crabapple pickles good enough to do honor to a holiday feast, first look to the quality of your fruit. Pickling fruits should be fresh, have a good flavor, and should be ripe enough to have color, but not soft.

To keep the pickles whole and firm, measure the sugar and liquid carefully for the pickling sirup, and cook the fruit only to the tender point. Good proportions for pickling sirup are one pound of sugar to each quart of vinegar or diluted vinegar. White granulated sugar and a good quality of fresh cider vinegar, will produce a clear, sparkling sirup and a "tangy" flavor.



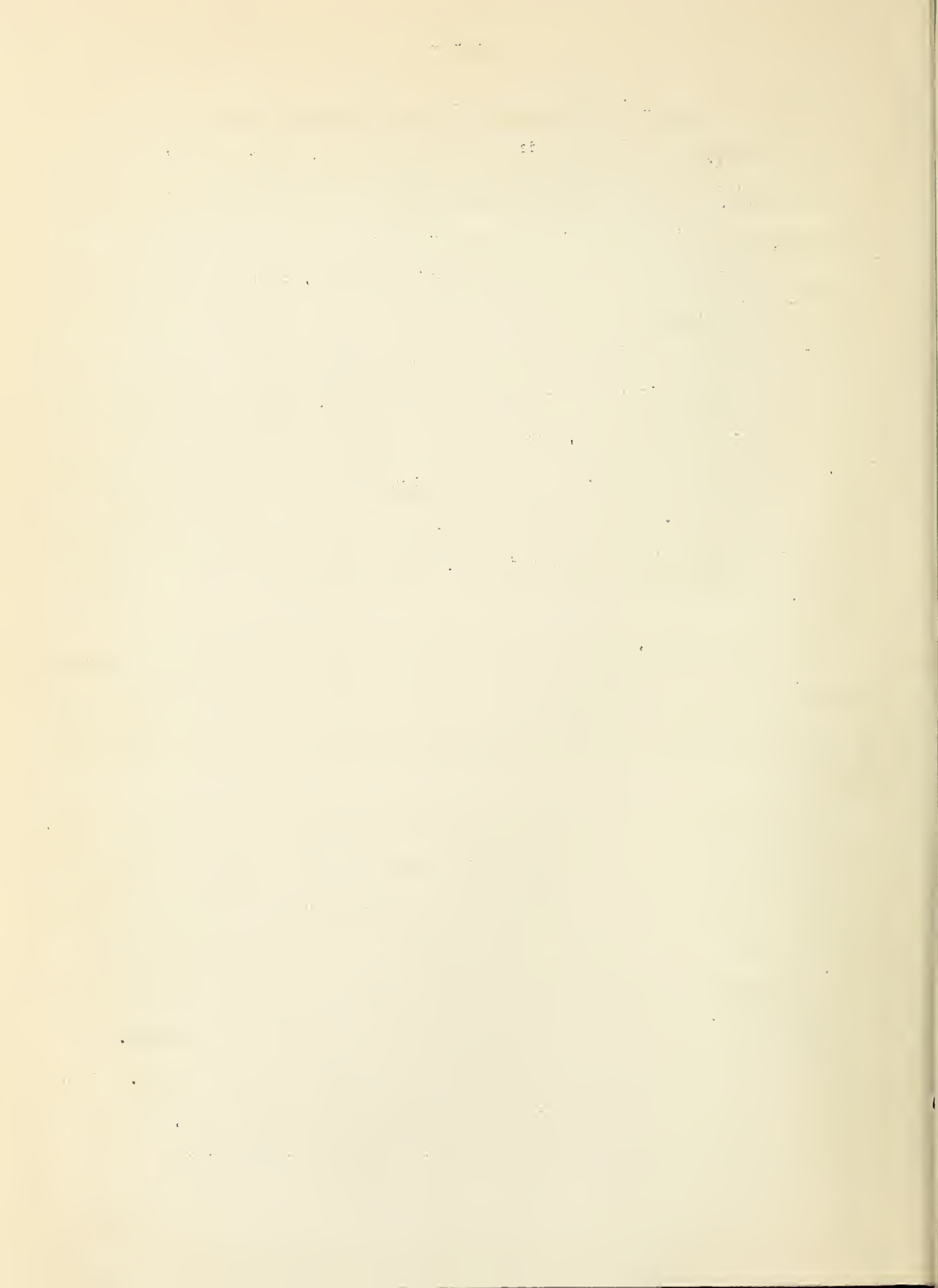
Whole spices are to be preferred to ground, because they have less tendency to darken or cloud the pickling sirup. More than this, the whole spices may be held in a bag, which can be removed just as soon as enough of the spiciness has permeated the sirup. Left in, whole spices tend to develop a woody taste. Or they may continue to give off so much pungent spiciness, that the natural flavor of the fruit is completely masked.

The rules for getting that sweet-sour spiciness evenly distributed to the very center of the fruit are simple and easy to follow. First, select fruits of a uniform size. After cooking, allow fruits to stand overnight in the pickling sirup. They will absorb more of the sweet spiciness than they could during the cooking process alone. Drain off the sirup, boil it down, and pour over the fruit, which has been packed into sterilized jars. Seal airtight and store in a cool, dry place.

For peach pickles, remove the skins with a sharp knife instead of blanching the fruit. The scalding process is too likely to be prolonged and cook the outside of the peach, making it soft and ragged by the time the pickling process is finished.

Most pickling pears are so hard they will need preliminary cooking in water before being placed in the pickling sirup. Seckel pears are especially popular for pickles, because they can be used whole, but Kieffer pears also make delicious pickles. Seckel pears are left in their "jackets", and their stems make neat handles. But blossom ends have a way of cooking off and becoming ugly black spots in the clear sirup. So it's best to cut them off when the pears are washed.

And for an unusual home-make relish, there's peach or apple chutney. Chutneys, which are hot, sweet and tart, were originally made from mangoes, in the native home of those fruits in the East Indies. Chutneys are especially good



served with curried dishes, also adopted from the Orient, or with the American version of Chinese chop suey or chow mein. Peaches are the best common native American fruit for chutney, but tart apples also make a satisfactory foundation when peaches are not available.

Here's a recipe adapted to suit American conditions and American tastes by specialists of the Bureau of Home Economics, U. S. Department of Agriculture.

Peach Chutney

5 pounds sliced peaches	1 pound Sultana raisins
2-1/2 pounds sugar	1 to 2 ounces green ginger cooked and chopped fine
3-1/2 cups cider vinegar	2 small cloves garlic, chopped
1 pound blanched almonds, chopped	About 15 small sweet red peppers, seeds removed, chopped
3/4 pound orange peel and pulp chopped (seeds discarded)	1 pound onions, chopped fine
3/4 pound lemon peel and pulp chopped (seeds discarded)	2 to 3 teaspoons salt
3/4 pound citron, chopped	

Combine the sugar and vinegar and boil 5 minutes. Add the peaches, Cook until tender, then add the other ingredients and cook until fairly thick, usually about 1 hour. Watch carefully and stir frequently. Pour into hot sterilized jars, partially seal, and process for 30 minutes in a boiling-water bath covering jars. Complete seals and store.

- - - B - - -

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
OCTOBER 12, 1938 (WEDNESDAY)

WASHINGTON, D.C.

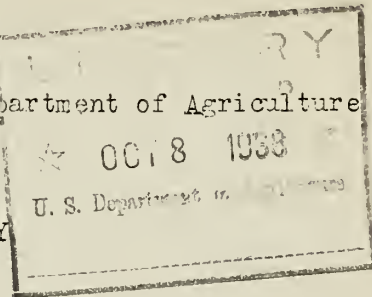
1.9
7/75M

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

SPICES FOR VARIETY



Today Americans make a holiday of October 12, and revere the memory of Columbus for discovering the New World. But we forget that it was not the lure of a new continent, but partly the urge of the medieval appetite for spices that set Columbus voyaging.

Just 446 years have passed since the world-renowned voyage of Columbus, and Americans are still hungry for spices. The nation spent more than 12 million dollars for more than 110 million pounds of imported spices and condiments during 1937, according to the U. S. Department of Commerce.

Pepper of various kinds accounted for nearly 40 percent of these millions of pounds of seasonings, and mustard entered U. S. ports in second largest quantity among the spices. Cinnamon and its near relative, cassia, from Ceylon, China and the East Indies; ginger, mostly in the form of dried roots from Jamaica and West Africa, nutmeg and mace from the East and West Indies, cloves from Madagascar and British East Africa, also poured in, in surprising quantities.

Tropical suns, rains, and winds are necessary to store the rich aroma and rare flavor of many of these spices and condiments. More than that, the patience of the laborer of the tropical Orient is indispensable in growing, harvesting, curing, and preparing these products for shipment. The inner bark

of the cinnamon or cassia must be cut from the center of two-year-old trees, if the spice is to be of the best quality. It must be stripped, fermented, and packed with the most exacting hand care. Mace, which grows as a crimson network covering on nutmeg seeds, must be cut from each nutmeg by hand.

Carefully selected small pieces of rootstocks of a plant closely related to ginger are ground to make yellow tumeric, the spice that gives color to the popular mixture of spices known as curry. Clove and caper blossoms must be gathered before they burst into bloom; and allspice berries and black peppercorns picked just before they are ripe.

Black and white pepper come from the same peppercorns, the fruit of the vine " *Piper nigrum*". If the entire berry is ground, the pepper is black; if the black outer coat is stripped off first, the more mild white pepper is the result. For much of the "heat" of the peppercorn is in the black outside coat. Peppercorns used for white pepper are usually larger and more carefully cultivated.

Cayenne, the most sizzling of the peppers, is made by grinding the small pods of a plant related to the tomato. Paprika resembles Cayenne in color, but not in its biting pungency. Paprika is made by pulverizing milder varieties of plants similar to those used for Cayenne. The term "red pepper" is properly applied to all peppers of the correct color.

Once black pepper was often diluted with a few ground olive pits, and large quantities of tasteless clove stems were found mixed with the spicy clove buds. But since the days of the first enforcement of the Pure Food and Drug regulations in 1907, adulteration of spices has been illegal. Now if spices do not run true to name, they are liable to seizure by the government food inspectors. Read the label, for it also tells the net weight of the contents of the package.

Most spices enter this country whole and are cleaned again, sorted, graded,

ground, blended, and packaged by American companies. Since pulverized spices gradually lose their aroma and flavor, keep the boxes tightly covered and the sprinkler holes closed.

"Moderation" and "variety" are mottoes for using spices in seasoning. Without variety even the rarest and best spices cannot give the zest to life promised in the popular quotation. For seasoning, spices are at their best when they are an indefinable part of the essence of a dish.

To get the most flavor from every fleck of spices, season puddings, pudding sauces, and sprinkle the topping on milkshakes at the last possible moment. In making a spice cake sift all the spices thoroughly with the flour--three times for best results. When seasoning with a combination of sugar and spices, as for cinnamon rolls or apple pie, blend sugar and spices thoroughly before using.

If your apple pie recipe tells you to "dot" the surface of the spiced apples with butter, that's a good tip too. Mixing with the fat helps hold more of the spiciness until serving time.

Many cooks have won fame, or at least praise, by adding an unexpected bit of spice to foods commonly accepted at their face value. Some of these additions are now so common as to be part of standard recipes, as gingerroot in pear preserves, cloves and bay leaf in tomato soup and sauce, cloves in baked ham, mustard with the molasses in baked beans, nutmeg in mashed sweetpotatoes, and a sprinkling of cinnamon on cubes of baked squash.

But there are many more unusual touches that have proved happy discoveries. Remember just touches. A little spice is good, but too much easily spoils a dish.

Try adding a grating or two of nutmeg to chicken soup or creamed spinach; a dash of mace to oyster bisque or string beans, a little curry powder to lima beans. Curry powder gives an interest of flavor for a mixed green salad, and a

white sauce seasoned with curry is delicious on poached or sliced hard-cooked eggs

The ancient Aztecs, it is said, spiced their hot chocolate with cinnamon, and modern Mexicans keep that custom today. So blend a little ground cinnamon with the cocoa if you would like a different flavor for variety's sake. Some persons also like to drop a whole clove or two in a cup of hot tea or hot consomme.

For another seasonal drink there's hot spiced grape juice, or spiced cider. Tie mixed whole spices--cinnamon, bark, cloves, and allspice are good--in a cheesecloth bag and drop this into the kettle of fruit juice and bring to a boil. Allow the bag of spices to stand in the juice for several hours or until the drink has just enough spiciness to suit your liking. You will want to serve either of these popular autumn drinks piping hot, so add a little sugar, as hot drinks taste less sweet than the same drinks would served cold. About 1/4 to 1/2 cup of extra sugar for each quart of fruit juice has been found satisfactory. Test by tasting.

Paprika chicken, adapted from Hungary, is a variation of the usual stewed or fricasseed fowl: After the bird has been cut up and seasoned with salt and pepper, it is rolled in a mixture of paprika and flour, instead of the usual flour alone. (Prepare enough of the paprika-flour mixture to thicken the gravy later.) After rolling in paprika flour, brown in hot butter or some other well-flavored fat. The paprika in the flour will speed up the browning process. Cover with hot water or chicken stock and continue cooking in a tightly covered pan until the meat is tender. Then thicken the gravy with the remainder of the paprika-flour mixture. The quantity of paprika to be added is all a matter of taste.

Paprika veal, prepared by the same method, is also excellent.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
OCTOBER 19, 1938 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

GROUND MEAT IN SAVORY WAYS

Meat for two or twenty-two.

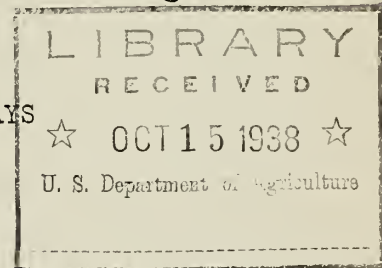
Steaks don't come just the right size for every family. But when they're made of ground meat, individual steaks can be formed to fit individual appetites. And all without a bit of waste.

Quick-cooking ground meats are a convenience to the employed homemaker, who must prepare meals in a limited time. They are a perennial favorite with the children. And for the cook who likes to try out new dishes, ground meat has endless possibilities.

Market reports for this fall bring a note of encouragement to American families who enjoy having meat on the menu. There is, and will be, more meat, especially lamb and pork, than there was last year. And prices are a little lower than they have been for some time.

Prices on beef cuts from which ground meats are usually made -- chuck, shoulder, round, rump, neck, and shank -- are slightly lower than they were this summer. Pork, and sausage, are selling at lower prices than they have for several years.

Old World countries have their favorite ways of making tough meats tender by long, slow simmering. Witness, Irish stew, Hungarian goulash, French ragout or fricassee, and Russian tsche. But many Americans prefer to use their machine-age



meat grinder to make tough meats edible. Grinding cuts the tough fibers into small bits that are easily chewed. Then meats can be quick cooked -- brailed, pan-broiled, or roasted -- just as if they were tender in the first place.

Ground meat is a broad term including ground veal and lamb patties, as well as hamburg steak and pork sausage. For the best results meat should be ground medium fine. If too fine, meat will "pack." If the knife is too coarse, the meat may be stringy. Only enough fat should be added for flavor.

Whatever the kind, ground meat should be kept very cold, and for the shortest time possible. Bacteria growing on the outside are well seeded through the mass as the meat passes through the grinder; and they continue to grow on a thousand cut surfaces. To hold these spoilage organisms in check, keep the meat, loosely covered, in the coldest part of the refrigerator. The loose covering permits a partial drying out, with ventilation.

Every cookbook contains at least one recipe for meat loaf. It is standard fare on many thousands of family tables. But such habitual dishes have a way of "just growing" -- being stirred together without any particular planning or forethought. And many are the complaints against such haphazard methods. Some meat loaves crumble instead of slice. Others are hard, dry, and tasteless.

Specialists of the Bureau of Home Economics of the U. S. Department of Agriculture, have gathered suggestions for overcoming these difficulties.

A combination of two or more kinds of ground meat often makes a pleasing blend of flavors. Beef and pork, or veal and pork are good selections. Mild salt pork, diced and fried until light brown and crisp, gives a distinctive flavor in a beef loaf. The fat fried out of the salt pork has its uses, too. Cook the celery, onion, parsley, or other seasonings in the drippings to develop their flavor, and use the remaining fat in a sauce to "bind" the loaf during cooking.

July 1st - Monday

1891

1891

Left for the field

at 8:00 AM

1891

July 2nd - Tuesday

1891

1891

Left for the field

at 8:00 AM

1891

July 3rd - Wednesday

1891

Left for the field

1891

at 8:00 AM

1891

1891

Left for the field

1891

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

1891

1891

Left for the field

1891

1891

Left for the field

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

Left for the field

1891

1891

A meat loaf will slice, even at the piping hot stage, if it is "bound" with a combination of thick white sauce alone or with some other starchy substance, such as bread crumbs, cooked rice, or mashed potatoes. Incidentally, the crumbs, rice, or potato have the double purpose of making the loaf less compact (preventing "packing") as well as of binding the tiny pieces of meat together.

Measured proportions and thorough mixing of the white sauce with the other ingredients help make the perfect slicing meat loaf. Good proportions are 4 tablespoons of flour and $1\frac{1}{2}$ cups of milk and a cup of bread crumbs to 2 pounds of ground meat.

As in all meat cookery, it is moderate heat in the oven that keeps meat from losing its juice too rapidly, browns it without burning, and cooks it evenly from center to outer edge.

For the meat loaf, mold it into a smooth mound on a piece of tough white paper. Lift paper and all onto a rack in an open pan. Don't add water and don't cover the pan. Have the oven moderate (350 to 375 degrees Fahrenheit) at least most of the time. A very hot oven will cause the meat loaf to give up its juice and shrink and harden. For a two-pound beef loaf, total oven time should be about an hour to an hour and a quarter.

For hamburger patties at their very best, "bind" with a combination of flour and egg. For a pound and a half of hamburger steak, use two tablespoons of flour, an egg, and $\frac{3}{4}$ of a cup of milk. Sprinkle the flour over the meat, and mix thoroughly, kneading a little with the hands. Then stir in the egg and milk. Mix thoroughly a second time. The meat "batter" should be moist enough to be dropped by spoonfuls into a hot frying pan. Use plenty of fat to prevent sticking, and give the patties a nice, brown, coat. The drippings may be made into a brown gravy, with or without mushrooms.

"Serve at once," is the closing word of instruction on many recipes. This

very good rule should be underlined when serving hamburg, for as it cools it tends to stiffen.

Meat patties with tomato gravy, are another delicious variation. Drain the juice from a can of tomatoes. Combine the pulp with the meat mixture, saving the juice to be thickened as tomato gravy and served with the meat.

And for a luncheon dish that's the delight of children, try broiled beef on toast. Used this way, one pound of ground beef will make as many as eight servings. Season the ground meat and moisten with a little top-milk or evaporated milk (2 or 3 tablespoons per pound). Toast slices of bread on one side, and butter the other side lightly, and season. Then spread with ground meat. Spread evenly and to the edge. If not spread to the edge, the meat tends to shrink toward the center, leaving unsightly burned crusts. Broil for 5 to 10 minutes under a hot flame, and serve at once.

In such dishes as chili con carne, the richness of the meat flavor is extended to more bland foods. For a chili con carne that calls for many repeat orders, soak chili beans or red kidney beans overnight in about twice their volume of water. Cook in salted water until almost tender. For every half-pound of beans, use about a pound of ground lean beef and $\frac{1}{4}$ pound of suet. Fry onion and a clove or two of garlic in the suet and cook the meat in this for a short time. Add this mixture to the beans, and season to taste with chili powder, paprika, and salt. "Some like it hot, some like it not." Then cook slowly about an hour until the mixture thickens.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
OCTOBER 26, 1938 (WEDNESDAY)

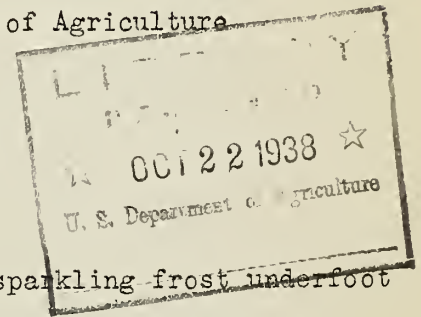
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

PUMPKINS, SQUASH, SWEETPOTATOES



1.9
H75111

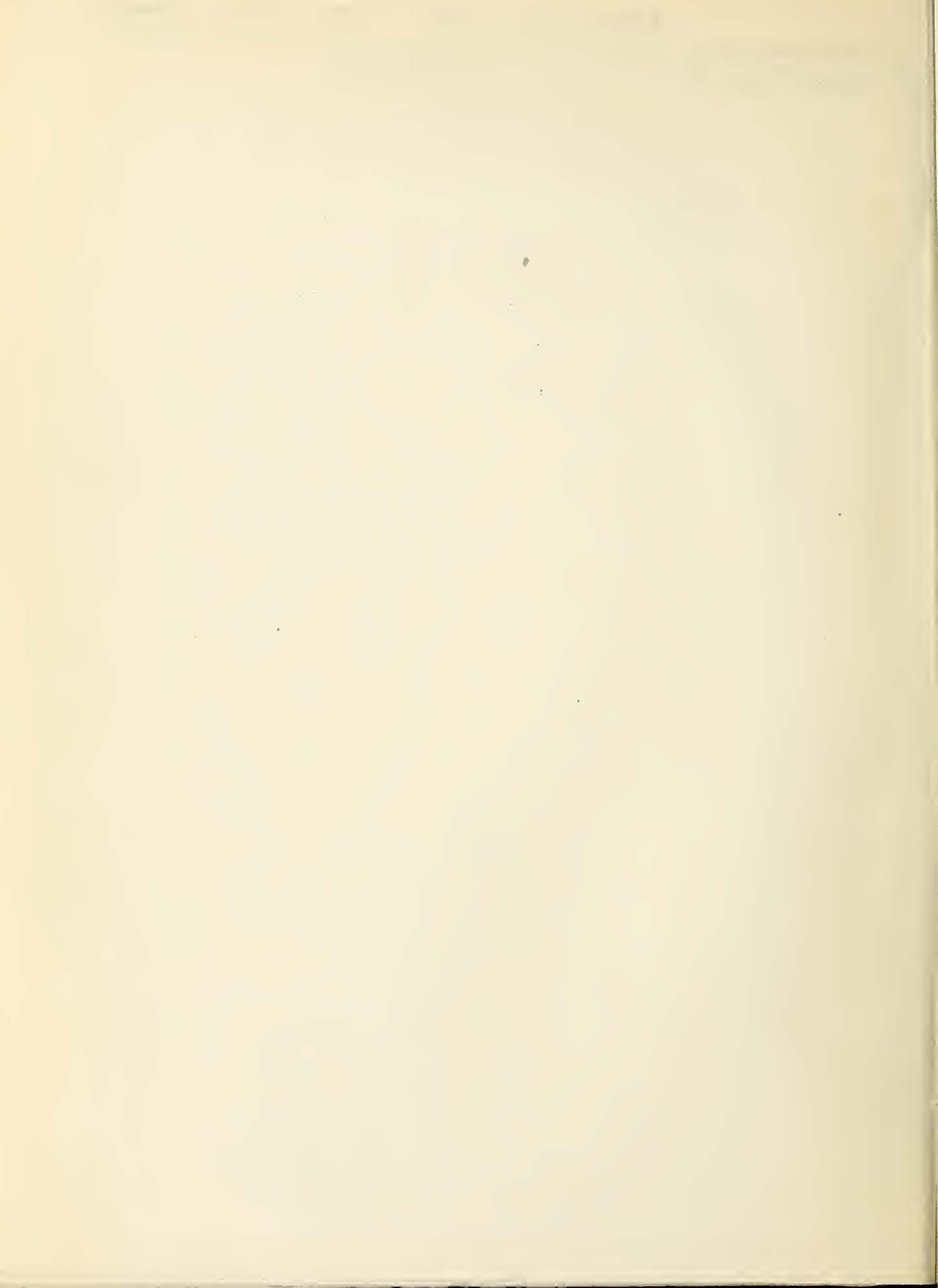
Tingling cold nights under receding blue skies, sparkling frost underfoot on chilly mornings, brilliant foliage, red, russet, and yellow. These are but signs of the emotions which James Whitcomb Riley caught in his popular lines about hearts that "click" when the "frost is on the punkin'."

But grateful as Americans are to Riley for his homey word pictures, farmers have learned that there is more sentiment than science about the frosted pumpkin idea. Actually, frost does nothing whatever to enrich the flavor of the pumpkin or the squash, and it greatly injures their keeping qualities.

Sweetpotatoes, which closely resemble pumpkins and squash in their use, are cared for in much the same way. Freshly dug sweetpotatoes are first "cured" by drying them out in a well ventilated room at a temperature of 85 to 90 degrees Fahrenheit for two weeks. After curing they keep best in a dry place where a temperature of 50 to 55 degrees can be maintained.

Pumpkin and squash may be kept through an entire year, or even longer, by much the same method. Less heat and a shorter time are required for curing, and they are stored best at slightly lower temperatures than the sweetpotato.

For homemakers who go to market, rather than to the storeroom, for their winter supplies of sweetpotatoes, squash and pumpkin, here are some helpful hints.



The best sweetpotatoes are of medium size, plump, firm and smooth-skinned with rounded ends. They are free from bruises and decayed or blackened spots. Select sweetpotatoes of a moist or dry type to fit the family taste, or the dinner menu. Sweetpotatoes of the dry type are preferred by some for baking, while the moist type may make juicier candied "sweets", scalloped dishes, or pies. Moist type sweetpotatoes are often mistakenly called "yams". True yams are a very different vegetable, large and coarse. They are rarely found in U. S. markets.

The best squash or pumpkins have a bright, clear color. They are neither the smallest nor the largest on the pile which the grocer shows you. The largest squash may be coarse and lack sweetness, and the smallest may be immature with little flavor.

The best pumpkin for a Hallowe'en jack-o-lantern may be lightweight for its size, a sign that the wall is thin, with more breathing space for the candle. But the best pumpkin for the Hallowe'en pie is heavy for its size. There is not only more "meat" and less waste in a heavy pumpkin or squash, but the flesh is likely to be sweeter and less fibrous. There's no rule which says you can't use the same type -- or even the same pumpkin -- for both lantern and pie.

Those who keep tab on the crop situation in the U. S. Department of Agriculture have been promising a big national sweetpotato output this year. Early in August they predicted the "third largest crop in history." After that, several weeks of dry heat cut down the yield in many states but there will still be many more sweetpotatoes than usual through the country at large. But most of these "sweets" will be harvested for home use, for commercial fields had unusually small crops this year. Squash and pumpkin are so frequently garden crops that the government keeps no production records on them.

Botanically, the sweetpotato, a member of the morning glory family, is very different from squash and pumpkins. Yet sweetpotatoes have so much in common with

these larger yellow fleshed vegetables that dietitians and cooks group them together.

The yellow color of these vegetables points out one reason for their dietary success; they are all good sources of vitamin A. Yellow sweetpotatoes, yellow squash, and pumpkins are a rich source of this vitamin. Many other foods supply vitamin A but few of them can be purchased for so small a cash outlay as members of this vegetable group. Besides vitamin A, squash, pumpkin, and sweetpotatoes can be counted upon to furnish at least some of vitamins B and G.

Although none of these vegetables contain a large proportion of calcium, phosphorus, or iron, they are often important sources of these essential minerals because they appear so frequently and in such large quantities on home dinner tables.

And from the standpoint of the homemaker-cook, sweetpotatoes, pumpkin and squash belong in the same group. All three may be baked or boiled and served as a vegetable or made into pies.

Hallowe'en usually ushers in the pumpkin pie season, when the spicy sweet pie, rich with top-milk and eggs, is served with a generous mound of whipped cream or quince preserves in honor of the October holiday.

Will the "pumpkin" pie be made of squash or pumpkin? Will it have much or little spice? It's all a matter of taste, according to specialists of the Bureau of Home Economics.

Pumpkin requires much more cooking than squash or sweetpotato, to improve its flavor and drive out some of the excess moisture. Sometimes pumpkin is dried out for an extra hour or two in a double boiler after it is cooked. The flavor of top-milk and eggs is preferred to the natural water of the vegetable in pie-making.

More milk is used with sweetpotatoes to give the usual "pumpkin" pie consistency, and a little less sugar. For there is more thickening starch -- and

more sweetness -- in the sweetpotato than in squash. Some pie fanciers also prefer to substitute ginger for at least a part of the cinnamon and allspice in the usual pumpkin pie recipe.

As a vegetable sweetpotatoes are especially good served in combination with cured meats, ham and bacon, or with roast pork. Or they make excellent scalloped combined with certain fruits such as apples or pineapple. Sweetpotatoes make better dishes /if pre-cooked in their jackets to a tender stage. Apples have a better flavor if used raw.

For those who enjoy a bit of "dessert" during the dinner course, there's the old favorite, candied sweetpotatoes. They'll have a richer flavor and be more glistening and translucent if corn sirup (2 parts sirup to 1 of sugar) is used for candying. Honey or maple sirup, substituted for the corn sirup, gives a distinctive flavor.

There's an excellent use for leftover pumpkins or squash that is often overlooked. Half a cup or so of cooked, mashed squash or pumpkin, added to cornbread batter, makes a delicious, soft, moist cornbread.

- - - B - - -

